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## The Vegetarian Magazine July 1903

The Vegetarian Magazine

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# The Vegetarian Magazine

ZOROASTER ❖ ARISTOTLE ❖ SENECA ❖ OVID ❖ PLVTARCH



Vol. 7. No. 9.  
JULY 1, 1903

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LINNEVS ❖ GRAHAM ❖ SHELLEY ❖ TOLSTOI ❖ OSCAR II



## THE DINING ROOM

### SOME CALIFORNIA RECEIPTS.

#### PRUNE PUDDING.

Soak half a pound of choice prunes over night in barley water to cover; cook slowly for an hour in just enough water to keep from burning, after removing the stones. Drain, and cut the prunes in quarters. Beat the whites of six eggs perfectly stiff with six level tablespoonfuls of powdered sugar, a slight pinch of salt and a tablespoonful of lemon juice. Butter a pudding dish, drop one-third of the meringue over the bottom, sprinkle over this one-half the prunes, alternate—finishing with the meringue. Bake in a very slow oven 20 or 25 minutes. Serve very cold with whipped cream flavored with vanilla and slightly sweetened.

#### DRIED PEACH PUDDING.

Boil 1 pint of milk; while hot pour it over 1 pint of bread crumbs; stir into this 1 teaspoonful cold butter and 1 pint of dried peaches, stewed soft. When all is cool, add 2 eggs well beaten, half cupful of sugar and flavor to taste. Put in a well-greased pudding dish and bake half an hour; serve warm with hard sauce.

#### WHOLE-WHEAT PUDDING.

Mix 2 cups of whole wheat flour with half teaspoonful each, soda and salt, add 1 cup milk, half cup molasses, and 1 cup chopped raisins or ripe berries, steam two and a half hours and serve with cream or the following foamy sauce:

Beat the whites of two eggs till foamy, but not dry, add 1 cup sugar and beat well, then add 1 cup boiling milk and juice of 1 lemon.

#### ALMOND SANDWICHES.

Nice to serve with coffee.

Chop blanched almonds very fine, then mix with thick sweet cream, adding a

pinch of salt. Spread between thin slices of bread with crust cut away.

#### CURRENT PIE.

One cup of currants mashed, 1 cup sugar, 1 tablespoonful flour, yolks of 2 eggs. Bake in one crust. Frost with the whites of 2 eggs beaten stiff and sweetened.

#### ORANGE ICE.

Blood oranges make a very delicious ice, and when served in the orange shells make a very dainty desert. One and one-half pounds of sugar, juice of 3 lemons, peeling of 3, 1½ pints of orange juice, 1½ pints of water. Boil the sugar and lemon rinds in the water for 10 minutes; when cool add all ingredients and freeze. When the ice is partly frozen pour in a cup of cream of well beaten white of an egg.

#### ORANGE MARMALADE.

Six oranges, 6 pints of water, 2 lemons, 5 pounds of sugar. Slice oranges, rind and all, very thin, and put to soak in 6 pints of water over night. In the morning add the juice of 2 lemons and boil 1½ hours. Put in the sugar; cook until it jellies.

#### STUFFED PRUNES.

Steam 1 quart of French prunes over boiling water for an hour. Take out the pits. The steaming softens the prunes

so the pits are easily taken out. Take a prune and fill with coarsely-chopped walnut meats; then roll in granulated sugar; take another pitted prune and wrap around the one already stuffed. Roll again in sugar. These are better made the day before using and are considered very healthful.

#### NUT TARTS.

One cup chopped walnuts, 1 cup chopped seeded raisins, ½ cup water, ½ cup sugar. Boil together for a few minutes. Line patty pans with pie paste and bake; fill with the raisin and nut mixture. Beat the whites of 2 eggs to a stiff froth with a tablespoonful of sugar and spread over the tart. Put them in the oven for a moment and slightly brown.

### Vegetarian Church for Dallas

[Continued from page 258.]

the living, which, its votaries say, is only obtainable in the pure vegetable fruit and grain, as the term from the Latin *vegetus* implies. There, and there alone, as the

Bible says, is the flower of the field which is all the goodness thereof in all flesh. All animal life is deathning (to coin a word)—a producer of mortification, a sending of the invigorating life-giving organic, back by the filth-making processes to the inorganic—the dead mineral; to be again resurrected in that wonderful alembic—the vegetal cell.

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### Vegetarian Colony in Arkansas.

According to the *Philadelphia Telegraph* (June 8), Edgar Wallace Conable, of Colorado Springs, Colo., has purchased 8,000 acres of timber land in Benton county, Ark., where he will found a vegetarian colony.

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